

# Sweatin through PT Prep



TOP-Shane Schulte and Marnita Eaddie work arms and legs during the circuit training portion of the PT Prep aerobics class at the East Fitness Center. The focus of the class is to prepare people for the PT exam.

LEFT-Denise Kloeppel works both arms and legs during the class. Class focuses on pushups, crunches and cardiovascular activity like running and jumping jacks.

photos by Lisa Gonzales

BOTTOM-Joseph Romero does pushups during the class.





## Close Quarters Combat Club

Sean Ross, Close Quarters Combat Club instructor, blocks Robert Uyeno during a training session. The Kirtland Close Quarters Combat Club meet Tuesdays and Fridays at the Rio Grande Community Center, 11 a.m.-12 p.m., to work on personal combat skills. There is no charge and all adult Kirtland personnel are welcome to attend. Previous experience in a combat art or sport is welcome, but not necessary. For more information on the activity, go to [www.hockscqc.com](http://www.hockscqc.com) or call Sean Ross, 846-9148.

Photo by Dennis Carlson